



Better Health Begins With You!

ዝህሉጽ ጥዕና ባሕርይ ይጀምር

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

እብ መፃልቲ ካብ 6 ጅሳብ 11 ዝተሓተ ስቢሒ ዘለዎ ባሕርይ : እኸሊ : ሩዝ ወይ ካላ ፓሲታ ብላ :: ንመዘኸሪ ዝኣክል ከዎ እኸሊ ንቕርሲ : እምቡቲቶ ንምላሕ : ከምኡ 'ውን ንዚኡ ዝበሰሰ ሩዝ (ብዘይ ትመግ ትመም) ንድራር ምረጽ ::

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

እብ መፃልቲ ካብ 5 ዘይውሕድ ፍረ-ውጽኢት : ኣሕምልቲ ተመዝብ :: ንምጥቃስ ዝኣክል : ጽጂቕ ናይ ብርቱኢን እብ ግዜ ቅርሲ ምስታይ : ሰላግ እብ ግዜ ምላሕ ምብላይ : ከምእውን ባልደገጋን : ዝበሰሰ ድንጽን : ዘቢብን እብ ግዜ ድራር ምዝውታር ::

3. Drink at least 8 glasses of pure, fresh water every day.

ብዝዋሓደ እብ መፃልቲ 8 ብርጭቆ ጽፋይ ሚይ ምስታይ ::

4. Eat lean, low-fat meats, such as chicken or fish.

ዝወሓደ ስቢሒ ዘለዎ ስጋ ብላ : ንኣብነት ከዎ ደርህ : ዓላ ::

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

ዝወሓደ ወይካላ ስቢሒ ዘይብሉ ናይ ጸባ ውጽኢት ምረጽ :: ንኣብነት ኣጅቦ : ከምኡ'ውን ድስኩል ርግላ ::

6. Limit your intake of sweets and alcoholic beverages.

ንእትወስዶ ምቁር : ኣልኮሃል ዘለዎ መስተን ዓቕን ::

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

ናይ ሰውነት ምንቅሊቻስ እብ ዕለታዊ ናብራኽ ኣዘውትር :: ንኣብነት ከዎ ምኽድ : ምስላላይ : ከምኡ 'ውን ምጽዋት ::

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

ክትክሸን እንክሉኻ : እብ ክንዲ ካብ ናይ እንጎሳ : ካብ ናይ ኣሕምልቲ ዝወጸ ዘይቲ ተጠቀም : ምኽንያቱ ካብ ስቢሒ ነጻ ብሙኳኑ ::

Tigrinian Language Version

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